

## PRICELIST

Members (inclusive)

Residents £ 6.50

Non-Members £ 9.00

Non-Member Loyalty Card: Buy 9 classes get the 10th FREE

Members can book at Leisure reception, by telephone, email or online via the hotel website 7 days in advance of each class.

Non-members can book at Leisure reception or by telephone 5 days in advance of each class.

All classes must be paid for at Leisure reception prior to the class.

**THE HEALTH & FITNESS CLUB**  
at Bedford Lodge Hotel & Spa

01638 666075

Bury Road, Newmarket, Suffolk CB8 7BX  
fitness@bedfordlodgehotel.co.uk

[WWW.BEDFORDLODGEHOTEL.CO.UK](http://WWW.BEDFORDLODGEHOTEL.CO.UK)

# GET ACTIVE

A woman with dark hair, wearing a white sports bra and black shorts, is in a starting crouch on a light-colored floor. She is looking forward with a determined expression, her hands on the floor and feet in colorful sneakers.

**SPRING  
TIMETABLE**

**FITNESS  
STUDIO  
CLASSES**

the health  
& fitness club  
BEDFORD LODGE HOTEL

# FITNESS STUDIO CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 - 07:30 Strong Pilates with Robert	06:45 - 07:30 Spin with Sarah	06:45 - 07:30 Boxing Fitness with Lee	06:45 - 07:30 Spin with Leisure Staff	06:45 - 07:30 Spin with Sarah	08:15 - 09:00 HIIT with Lee	10:00 - 11:00 Yoga with Elena Week 1
08:00 - 08:45 Aerotone with Marie	07:45 - 08:30 Fitness Pilates with Sarah	08:30 - 09:30 Yoga with Elena	09:15 - 10:15 Barre with Louise	07:40 - 08:10 Express Core & Stretch with Sarah	09:30 - 10:15 Boxing Fitness with Lee	
09:15 - 10:00 Aqua Fitness with Marie	09:10 - 10:10 Slow Flow Yoga with Marta	09:30 - 10:15 Fitness Pilates with Tasha	10:30 - 11:15 Urban Dance with Louise	08:15 - 09:00 Aerotone with Marie	10:30 - 11:30 Yoga with Natalia	
09:30 - 10:15 Fitness Pilates with Tasha	10:30 - 11:15 Move & Groove with Jodie	10:30 - 11:15 Lift Lean Fitness with Tasha	11:30 - 12:30 Yoga with Louise	09:15 - 10:00 Aqua Blast with Sarah		
10:15 - 11:15 Lift Lean Fitness with Tasha	11:00 - 11:45 Aqua Greek with Marilena	11:00 - 11:45 Aqua with Marie	11:00 - 11:45 Aqua with Helen	10:00 - 11:00 Yoga with Natalia		
11:30 - 12:15 Move & Groove with Jodie	11:30 - 12:15 Strength & Cardio with Lee	12:00 - 12:45 Aerotone with Marie	12:30 - 13:30 Yoga Fusion with Louise			
12:30 - 13:15 Spin with Lexi	17:30 - 18:15 LBT with Helen		17:15 - 18:00 Strong Pilates with Robert			17:00 - 18:00 Yoga with Elena Week 2
17:30 - 18:15 HIIT with Helen	18:15 - 19:15 Pilates with Helen	18:00 - 18:45 Spin with Samantha	18:00 - 18:45 Boxing Fitness with Lee	17:30 - 18:15 Spin with Helen		
18:20 - 19:05 Spin with Helen	19:15 - 20:15 Yoga with Elena	19:15 - 20:15 Yin Yoga with Marta	19:00 - 19:45 Spin with Lee	18:20 - 19:05 Pilates with Helen		
19:10 - 20:00 Pilates with Helen						

**Cardio and Calorie Burning**  
Classes meant to raise your heart rate and burn calories.

**Toning**  
Classes that work specific muscle groups to improve fitness.

**Relaxation and Meditation**  
Lower intensity classes that realign body and mind.

Timetables will be reviewed periodically and classes may be subject to change without notice.